

The 34th Annual ABFF Alaska State Pro-Am  
**BODYBUILDING, FITNESS, FIGURE, BIKINI & PHYSIQUE CHAMPIONSHIPS**



**Saturday, March 18<sup>th</sup>, 2017**  
At the East High Auditorium  
East Anchorage High School  
Pre-Judging at 10:30 AM • Evening Show at 6:30 PM



**QUALIFICATIONS:** Entrants must be ABFF registered athletes, 7 years drug free and randomly drug tested. Masters men must be over 40 years of age, masters women must be over 35 years of age. Juniors must be 20 years of age or under. Proof of age (birth certificate or driver's license) must accompany any masters or junior entries.

**This is a PRO NATURAL Qualifier! ALL athletes are subject to random drug testing.**

**ENTRY FEE AND DEADLINE:** \$50.00 per class; cashier's check or money order preferred, made payable to: Performance Promotions, 3705 Arctic Blvd. PMB 1455, Anchorage, AK 99503. **ABFF cards can be purchased at weigh-in (\$30 per athlete per year).** Applications must be submitted **NO LATER THAN March 1st, 2017.** Otherwise, additional **LATE ENTRY** fee of \$20 will apply.

**AWARDS:** Sculpture Concepts awards for the top 5 competitors in each class. Swords for overall winners, plus awards for Best Poser, Most Muscular and Overall Team.

**GUIDELINES:** All competitors will follow ABFF rules, guidelines, and mandatory poses.

**BODYBUILDING:** Mandatory poses included for men and women for 2017 are: front double biceps, front lat spread, side chest (your favorite side), rear double biceps, rear lat spread, side triceps (your favorite side) & abdominal/thigh (hands behind head with one leg extended forward). Moon poses not allowed. Section VII under ABFF guidelines states: Poses that include lying down on stage are not allowed.

**Bodybuilding Men:** Metallic suits are not allowed. Jewelry is not allowed (wedding bands are acceptable).

**Bodybuilding Women:** Multi-colored suits and jewelry may be worn in the evening show.

**FITNESS & FIGURE:** In the fitness section, there will be 2 rounds of judging which will consist of a fitness round and a two-piece swimsuit round. Awards will be received during the swimsuit round. In the figure section, there will be 1 round of judging which will consist of a two-piece swimsuit round. Fitness and Figure competitors must wear high heels in the two-piece swimsuit round. The swimsuits must be in good taste and thongs or T-back suits are not allowed.

**Round 1:** Fitness round. Each athlete will perform a routine to music with a maximum time limit of 2 minutes. Judges will be looking for style. Personality, athletic ability, strength, flexibility and overall performance. Contestants should give special attention to apparel because that too may be judged. Routines may include aerobic, dance, gymnastics or other demonstrations of athletic ability. Props are permitted, but anything that cannot be carried by the competitor must be approved in advance.

**Round 2:** Figure & Fitness round (Two-piece swimsuit). Contestants will be brought out in one or more lines for quarter turns. The judges will be scoring symmetry, conditioning and overall appearance including complexion, poise, and overall presentation. The judges will move competitors positions in the line-up to make comparisons between various competitors and repeat quarter turns.

**MUSIC: House music is used for bikini, figure, and physique. BODYBUILDING AND FITNESS ONLY: CDs MUST BE BLANK EXCEPT** for the one piece of music being used & must be free from distortion. Mark CD with competitor's name with a maximum length of 60 seconds of music. **ABSOLUTELY NO PROFANITY!** We reserve the right to refuse any music not meeting these standards. **MUSIC MUST BE TURNED IN AT WEIGH-IN!**

**QUESTIONS?** Please Contact Derek Snelson at (907) 566-2346 or d@sport77.com

**MANDATORY COMPETITOR SCHEDULE**

**Friday, March 17<sup>th</sup>, 6:00 PM WEIGH IN/CHECK IN:** At Inlet Tower Hotel & Suites – 1020 W 12th Ave, Anchorage. You will weigh in or get your height checked, be assigned numbers & check in music at this time. Remember to bring your CD to weigh-in. Provide proof of age for any master or junior entries.

**Saturday, March 18<sup>th</sup>, 2017:** At East High Auditorium – 4025 E Northern Lights Blvd, Anchorage.

**10 AM CHECK IN:** Prejudging will begin promptly at 10:30 AM.

**5:30 PM CHECK IN** for Main Show. Evening show will begin *PROMPTLY* at 6:30 PM.

**Ticket Prices:**  
Pre-Judging \$15  
Finals \$30  
Tickets available at:  
**GNC Sears Mall &  
Abbott**  
Discounts available for  
Military, Seniors &  
Students with ID

Mail **Entry Form, Fees & Banned Substances Form** to:  
Performance Promotions  
3705 Arctic Blvd. PMB 1455  
Anchorage, AK 99503



2017 ALASKA STATE PRO-AM BODYBUILDING, FITNESS, FIGURE, BIKINI & PHYSIQUE CHAMPIONSHIPS  
*·Please print or type legibly·*

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Age: \_\_\_\_\_

Titles and/or Hobbies: \_\_\_\_\_

Street Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

Gym Name & City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sponsors: \_\_\_\_\_

Phone (h): ( \_\_\_\_\_ ) \_\_\_\_\_

Phone (w): ( \_\_\_\_\_ ) \_\_\_\_\_

Special Thanks: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the ABFF, Performance Promotions, their agents and representatives, for any and all injuries suffered in connection with the contest and in traveling to and from it. By signing this form, I affirm that I meet all eligibility requirements for the contest in which I am making application to enter. Further, I agree to hold harmless and waive and release all photo rights for media (TV, magazines and newspapers) for the purpose of promoting bodybuilding and figure through the sale of video tapes and photos and any network, cable or local TV airing.

Contestant's Signature: \_\_\_\_\_

Guardian's Signature (if under 18): \_\_\_\_\_

**Please Choose Class:**

**MEN'S OPEN**

- Light Weight (under 176)
- Heavy Weight (176 & over)
- Junior Men (20 & under)
- Novice Men
- Masters Men (over 40)
- Grand Masters Men (over 50)
- Pro Men
- Novice Men's Physique
- Men's Physique under 5'8"
- Men's Physique 5'8" and over
- Men's Physique 35 and over
- Mixed Pairs

**WOMEN'S OPEN**

- Women's Bodybuilding
- Teenage Fitness (10-19 yrs)
- Women's Figure under 5'4"
- Women's Figure 5'4" and over
- Women's Figure 35 and over
- Women's Fitness
- Novice Bikini
- Bikini under 5'4"
- Bikini 5'4" and over
- Bikini over 35
- Women's Physique

\*Competitors in novice classes must have competed in NO MORE than 5 shows and must have not placed in top 2 in prior competitions.

**HOST HOTEL: Inlet Tower Hotel & Suites – 1020 W 12th Ave, Anchorage. Call 907.276.0110 for reservations.  
Special room rate \$64/night for ABFF athletes.**

TRAIN HARD & NATURAL! EVERYONE IS A CHAMPION!  
DO YOU WANT TO BE THE NEXT ALASKA STATE CHAMPION?

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**LIST OF ABFF BANNED SUBSTANCES (Effective 3/25/09)**

The following substances and related compounds are **BANNED** by the ABFF and their use constitutes grounds for dismissal from ABFF Competitions and suspension from membership privileges in the organization for a period of three years from the failure date. This list is effective March 25th, 2009.

**ANABOLIC STEROIDS.** All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dihydrochloromethyl- testosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds, are strictly banned.

**TESTOSTERONE** (injections, patches, gels) in any form or for any reason, even if under a doctor's prescription.

**TESTOSTERONE/EPITESTOSTERONE RATIO.** The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause. Note: Should the use of any substance cause an elevated T/E ratio in excess of the 6/1 limit, the athlete will be ruled as positive (failure).

**GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compounds).** Oral, spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin are banned.

**HORMONES, PROHORMONES AND ALL PRECURSORS & METABOLITES, DERIVATIVES & RELATED COMPOUNDS.** The use of any hormone (injectable, oral, sublingual or otherwise) for bodybuilding purposes – **including insulin** – is prohibited.

•**All hormonal precursors** (DHEA, androstenedione; 19-norandrostenedione; androstenediol; 5-AD; androstene-TRIONE; 17-androdione; etc.) are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, etc.)

**NOTE:** The sole exception of this ruling is 7-Keto DHEA (also known as 7-OXO DHEA only),

•**All other additional hormonal supplements** (6-OXO; 6-OXO-androstenedione; 2a,17a-dimethyl-17β-hydroxy-5a-androstan-3-one; 3,17-keto-etiochol-triene; 1,4,6-androstatriene-3,17-dione; 3-Alpha (5a-androstan-3a,17b-diol); etc.) have been identified as prohormonal in nature as of January 1, 2004, and are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, Forza-T, etc.)

•**Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-etiocholane-7-one (A7-D), 3,17-dihydroxy-delta-5-etiocholane-7-

one diethylcarbonate (A7-E), 7-OH DHEA, etc. are banned effective January 1, 2007. (Includes Hot Rox, Fahrenheit, etc.)

**NOTE:** 7-Keto DHEA (aka 7-OXO DHEA), when used for weight loss, is the **ONLY** hormonal product approved for use in ABFF.

•**Pro-Steroids** are banned. They are marketed as not being prohormonal, but they **ARE**.

(Includes 1-Test, etc.)

•**Prescription Thyroid Hormone Medication** when used for bodybuilding purposes is banned.

•**The presence of any banned substance in the urine** (i.e., nandrolone, etc.), **no matter how it arrived**, is ruled as a positive (failure).

**NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM!** (e-mail

snlb@gci.net.)

Nutritional supplements products that are sold over-the-counter may not be banned by the FDA. As a competitive athlete, it is your responsibility to research the products before you purchase them. To insure your passing a urine test under the guidelines of the IOC, banned substance testing regulations, the ABFF's recommendation is "when in doubt don't buy it, don't use it".

**PRESCRIPTION DIURETICS.** Any and all prescription weight-loss substances and diuretics used for bodybuilding purposes, **even when physician-prescribed**, are banned by the ABFF.

**EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS** are banned

**PSYCHOMOTOR STIMULANTS** such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes.

**MUSCLE IMPLANTS OF ANY KIND** are strictly prohibited. **BREAST IMPLANTS for females are not banned.**

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**CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST.**

**CLENBUTEROL AND GHB.**

**ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENCIES.**

**ANY FDA-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**

**ANY IOC-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**

**AGREED:** I have **read and agree to abide by** this list of banned substances as a prerequisite for my participation in the ABFF and its sanctioned events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 3 years from the date of the test failure. All titles and placings will be stripped from the athlete.

Athlete's Name (Print) \_\_\_\_\_

Signature \_\_\_\_\_

Today's Date \_\_\_\_\_